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NEW WAYS and MEANS TO GOOD HEALTH

INSTRUCTIONS FOR USING THE *"Merton"* BRITISH WATERLESS COOKER

Attention to the few important details given in this book will ensure perfect results

PRICE

6D.

The BRITISH WATERLESS COOKER, LTD.
Trafalgar Works, Merton, London, S.W.19

[ca-1920?]

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PROGRESS

FLINT, tinder and hot stones, wood fires, oil stoves, gas, and now electric cooking—these revolutionary changes in methods of preparing food have demanded progress on the part of the maker of cooking utensils.

From hot ashes and hollow stones, from hollow stones to vessels of clay, iron, brass, copper and, after centuries, to pots, pans and enamelled ware and then rolled and stamped aluminium ware, has been the slow progress of kitchen history.

Even 40 years ago—black, dirty, greasy articles, and now the spotless kitchen of the woman of to-day, with her beautiful cooking stove for gas or electricity. This modern woman uses aluminium vessels for her cooking because this metal, next to gold or platinum, is the best for the purpose (BRITISH MEDICAL JOURNAL).

The introduction of the "Merton" British Waterless Cooker supplies a truly scientific method of cooking food according to the latest Medical recommendations.

Supplied in two sizes, complete with accessories, in which a complete meal may be cooked on one heating surface.

Medium (4-6 persons). *Large (8-10 persons).*

INTRODUCTION

IT is generally accepted that cooking is the most important, the most interesting, and the most necessary of a housewife's many tasks, and that the majority of them would enjoy it better and find it more interesting, if they only knew more of its science. Catering is not the menial and brainless occupation some would have us believe, it is really the highest art of all. Upon the cooking and catering depends the health, happiness, vitality and general fitness of the entire household.

Civilisation has travelled a long way since the cave days when man first discovered that the food he hunted and killed was more palatable when cooked. Since then, the greater part of our dietary has consisted of cooked foods but doctors and scientists tell us that our health would be materially improved if we only ate foods in their natural state. They quote as an instance, the wild animals of the field, forest, air and sea, who keep their health without studying the food question.

As civilisation insists on cooked foods, we must of necessity discover the ways and means of retaining all natural elements common to raw foods after they have been cooked. The resulting answer is

WATERLESS COOKING.

It was at length realised that there is a water content to every food we eat—a pure water supplied by nature. Cabbages contain 89 per cent. water, Carrots, 85 per cent., Potatoes, 75 per cent., Meat, 48 per cent. and so on. Surely there was enough water in the food without adding more if a method could be found to utilise it.

Then was born the wonderful idea of Waterless Cooking.

Some years ago we introduced THE "*Merton*" BRITISH WATERLESS COOKER embodying all the finest principles of this new style of cooking, ensuring better health and food

to thousands and earning the support and recommendation of the Medical Profession.

Classification of Foods.

Before going further with Waterless Cooking, it is essential to turn our attention for a few minutes to food. Of what is it composed? What are its functions? Why do we cook it?

All foods contain the five great groups of compounds, Water-Albuminoids, Carbohydrates, Fats, Crude Fibre, and Ash, but they vary considerably in the proportion in which they are present. This is very important to the cook, because it is only by a knowledge of the various foods she is using, that she is able to construct a health-giving menu. No one, for instance, would think of covering a sardine with jam, eating it with sponge cake, and washing it down with a mixture of vinegar and milk. Yet this is no worse than some of the frightful mixtures some people eat, especially at Christmas time.

Plain food is the best, and the more simple the cooking the more nourishment is retained. To keep a body healthy we must have an adequate and balanced proportion of each of the five compounds. Stock raisers all realise this, and consequently feed their cattle on scientifically balanced rations. It is doubtful whether mothers in this country would admit that live stock mean more to a man than her children do to her, but does she really know what food is needed to enable her child to grow into a healthy useful citizen? So here, then, is a brief summary of the principal compounds and their purposes.

Proteins.

The basis of albuminoids are the materials actually necessary for cell growth, maintenance and repair and they are the organic compounds forming the chief part of the organs and tissues of animals and plants. Thus, we have the albumen of the whites of eggs, vitelline in the egg yolks,

gluten of flour and myosin in meats. Although proteins have little or no energy value, they contain nitrogen in the best form which may be used for the purpose of body building and repair. The principal protein foods are lean meat, fish, eggs, milk, cheese, nuts, peas, beans, lentils, etc.

Carbohydrates.

Are the sugars and starches (the starches, incidentally, are converted into sugar during the process of digestion), thus, we have the starch of potatoes and cereals, the glucose or fructose of fruits or honey, the sugar of cane or beet, milk of lactose. Carbohydrates produce rather more than half of the energy supplied by food and they must be balanced in the diet by mineral salts or else an excess of starch accumulates, resulting in fermentative intestinal ailments which lead to indigestion, obesity, constipation and even diabetes. Excess of starch also causes overweight, and is definitely harmful in cases of Rheumatism. So we see that carbohydrates are the fuel foods, the energisers, the materials necessary for proper cell functioning. They are Found Principally in Fruits and Vegetables.

Hydrocarbons or Fats.

Are compounds of glycerin with certain acids. Actually they are composed of Hydrogen, Carbon and Oxygen atoms so they afford a great deal of energy when burnt. They are body warmers, the materials necessary to protect the cells of the body in their work. The principal fats are, butter, cream, olive oil, almond oil, coconut oil, fish oils, meat fats, dripping, lard, etc.

Crude Fibre and Ash.

Known as bulk or roughage. It is the cellulose or fibre content in natural foods such as that which you see when you break a stalk of Celery, or the skins of such fruits as Apples, Tomatoes, etc. When eaten, these pass through the alimentary system unchanged, thus furnishing the intestines with the necessary stimulation to cause them to move the food and food waste along.

VITAMINS.

Another term about which we have heard a lot in recent years, and which few people understand, is Vitamins. These are the life-giving agencies which are essential to the normal health, functioning and growth of the body and for protection against certain diseases. The following facts may be of interest.

Vitamin "A." (Fat soluble) promotes growth, vitality and general well-being, provides resistance against diseases of the nose, throat, eyes, lungs and intestines. Lack of Vitamin "A" creates stinted growth, under development, loss of appetite, eye troubles, enteritis and pneumonia. Vitamin "A" is found in the liver fats of grazing animals and such animal fats as butter, cream, suet, dripping, fish oils, embryo of seeds, eggs, cheese, milk and fresh green vegetables (especially spinach, cabbage, lettuce and tomatoes). It is absent from roots and vegetable fats such as olive oil, margarine, etc. Very little is found in lard. It is fairly stable, and is not destroyed in ordinary cooking.

Vitamin "B." (Water soluble) is found in all natural foodstuffs such as seeds, and the germ and bran of all cereals (thus it is found in wholemeal bread, but *not* in white bread). Vitamin "B" is essential to life and health. It aids the absorption of food, stimulates the digestive tract and the bowels, improves the quality of milk during lactation and protects the body from nervous diseases. A deficiency of Vitamin "B" accentuates loss of weight, neuritis, constipation, Beri-Beri, and enlargement of the stomach, kidneys or brain. It is prominent in most vegetables, egg yolk, milk, whole grains, fresh fruits and nuts.

Vitamin "C." Now known as scorbutic acid, regulates the glands, gives vigour to the general health, and looks after the skin. Is associated with all raw fruits and vegetables—especially abundant in English grown tomatoes —and is present in nearly all fresh natural foods. It is destroyed by heating over 212° Fahrenheit and by drying. Thus, it is absent in all dried, candied, tinned, bottled or preserved foods cooked under high pressure. Absence of

Vitamin " C " in the diet will tend to hæmorrhages, loss of weight, swelling of gums, shortness of breath, rapid respiration, congestion of internal organs, scurvy and other skin complaints.

Vitamin " D." Known as the bone maker, is rather similar in nature to Vitamin " A," and is found in most of the substances in which " A " is present, excepting animal livers. Vitamin " D " promotes the absorption of phosphorus and calcium from various parts of the body and concentrates sufficient of these in the blood to assist in the normal development of bone. Its principal functions are to regulate the mineral metabolism and control of calcium. Lack of Vitamin " D " will tend to promote rickets and malformation of bone and many nervous disorders.

Vitamin " E." Is an accessory factor which is necessary for the fertility in both sexes, as it increases the power of reproduction. It is found in a variety of foods such as wheat germ, whole wheat, egg yolks, oats, barley, fats, butter, milk, etc. It is absent from Cod Liver Oil, but is abundant in peas, lettuce and most leafy vegetables. A deficiency of this Vitamin, may result in sterility.

NATURAL SALTS.

It will thus be seen that sugars, salts and most of the vitamins are severely affected, and sometimes actually destroyed, by being cooked in water, or overheated. Here, then, is the first reason why Waterless Cooking is so valuable, it cooks without loss. The well-being and success in life of every individual bears a closer relationship to food and diet than any other single factor. Many of the diseases known to medical science are directly traceable to inadequate or insufficient food or faulty diet.

Our health to-morrow, depends on our food to-day. Subconsciously we all realise this, because we have all heard grown-ups say to children, especially around Christmas time, " Don't eat any more of that, dear, or you will be ill to-morrow." Somebody should pass that remark when they see a person eating vegetables that have had all the natural

health-giving salts boiled out of them. Think, for a moment, of some of the salts found in various vegetables, and ponder on the value to the body :—

Calcium. Keeps teeth from decay.

Chlorine. The perfect body cleanser.

Chlorophyl. Invigorates and tones up the system. Nature's antidote for all uric acid troubles.

Iron. Enriches the blood and provides stamina.

Iodine. Maintains energy and prevents simple gôitre.

Magnesia. The nerve and skin food.

Phosphates. The food for the brain.

Potassium. Keeps the skin fresh and clear.

Sulphur. Stimulates hair growth.

Sodium. Preserves that " Schoolgirl " complexion.

All these salts are soluble, that is, they *dissolve in water,* so when you boil vegetables in water and throw the water away, you throw away all the chemical goodness. It has been demonstrated over and over again, that from 50 per cent. to 60 per cent. of the value of the food has been destroyed by this old-fashioned method of cooking. Here is further proof : By boiling bones in water, you extract the goodness from them and so get good nourishing soup, you consume the soup and throw the bones away, but no one would think of drinking the water and throwing away the fish or vegetables that were boiled in it !

Most of the foods which we use, need more or less a change to bring them into the forms most useful for nutrition. We cook certain foods to make them more easily soluble in the gastric juices. This has been going on for so many generations, that the civilised person of to-day can think only of cooked food and would find the diet of the cave man a lot more than their digestive tract could manage to assimilate.

Now if all the soluble parts of the food are dissolved in the water in which they are cooked, then you only have the insoluble parts left, which means that you are expecting your

gastric juices to dissolve that which could not be dissolved in boiling water. This explains why a large proportion of the population suffer from indigestion.

Principles of Waterless Cooking.

Until recent years, the saucepan was the universal cooking pan, and water had to be put into the saucepan with the food, or else the food would burn. There was only the thickness of the metal between the food and the flame, but the metal, instead of protecting the food, absorbed the heat and the hot metal did the burning. So water had to be put in the saucepan, not to improve the flavour of the food, and not to do the cooking, but merely to stop the scorching.

It was then discovered that foods cooked in their own natural juices, could be cooked in very low temperatures, and thus the full flavour of the food was retained, and the mineral salts and vitamins preserved. Thus, meals became more attractive and nutritious and by being eaten with more relish and enjoyment they ensured better digestion and general physical fitness.

Economy by Waterless Cooking.

Other advantages soon became manifest, for it was found that meat did not shrink, foods did not lose weight or shape, which shows a saving of at least 25 per cent. on food bills. Then as foods did not lose their flavour with this new style of cooking, it became obvious that several foods could be cooked in the same utensil without one flavouring the other and as only a low temperature was required, a saving of as much as 75 per cent. on fuel bills was effected.

Easy to Clean.

Another advantage for the busy housewife, is the fact that there is only one utensil to wash up and clean, instead

of many saucepans. Thus it will be seen that this new style of cooking had much to commend it, and the market was soon flooded with Waterless Cookers of all sorts and sizes, fitted with innumerable gadgets, and at all sorts of fantastic prices. In presenting THE *"Merton"* BRITISH WATERLESS COOKER to the public, our aim has been to make it as simple as possible, and within the reach of all pockets.

A DESCRIPTION OF THE COOKER.

THE *"Merton"* BRITISH WATERLESS COOKER, is made in two sizes each consisting of a tall, deep pan fitted with two handles which simplify lifting, although when fully loaded it is not unduly heavy, nor in the least cumbersome. It is manufactured in heavy aluminium of the finest and strongest quality, and the radiant exterior makes it of most attractive appearance. The cooker is provided with rather a wide rim or groove into which the heavily constructed lid fits snugly, thus preventing any escape of steam between the lid and top of the container, as occurs with all ordinary pans. A small valve in the lid enables any surplus steam produced during cooking, to escape. It is a sure indication that when any quantity of steam is seen rising from the valve that the heat is unduly high, and should be lowered.

The cooker works in the following way. When once the food has started to cook, part of the moisture contained in it, escapes, rises and comes in contact with the lid. Here it is condensed, and runs into the wide rim and forms a seal. As more water accumulates it trickles down the side of the container and when it reaches the bottom, is turned back into steam, providing sufficient moisture to complete the cooking. Thus, the food actually cooks in its own moisture, and very little, if any, water needs to be added.

There are, of course, a few foods which are very dry and almost moisture-free, such as macaroni, spaghetti, tapioca and other cereals, which obviously require the addition of water. Peas, beans and dried fruits are other foods which require extra liquid.

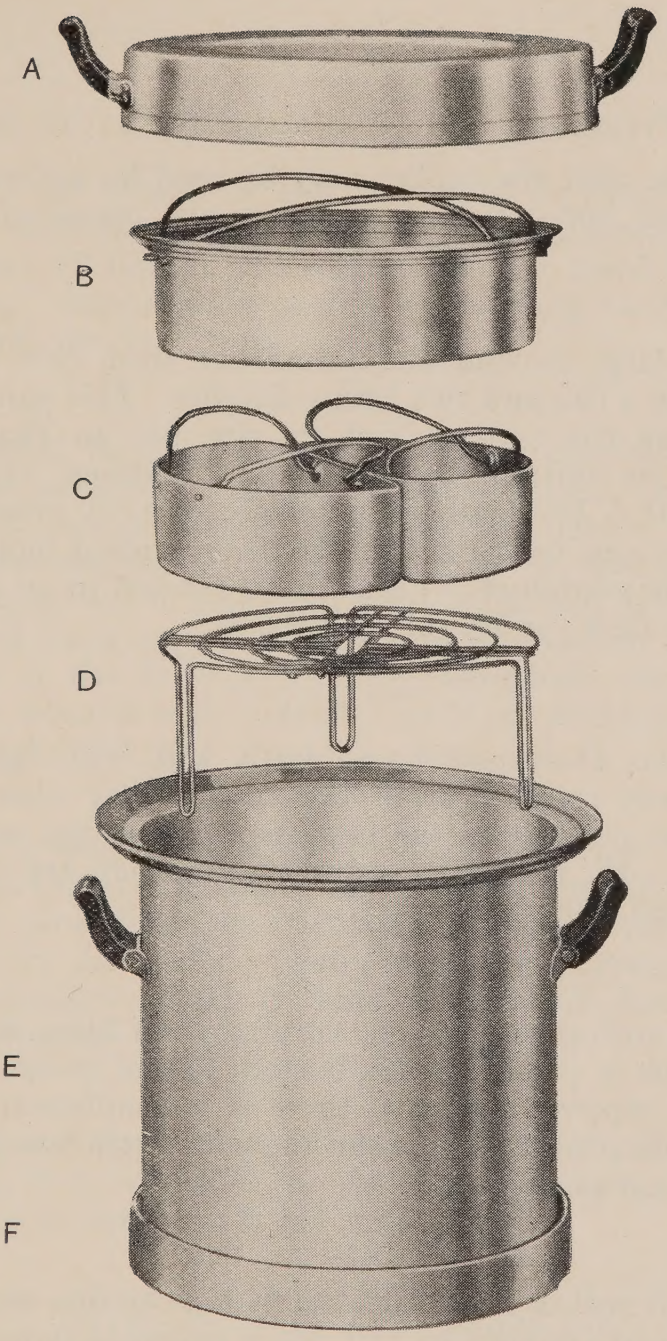


ILLUSTRATION OF THE

BRITISH WATERLESS COOKER

"A" Flat Lid for camping, caravans and holiday bungalows.
"B" Circular Pan.
"C" Kidney-shaped Dishes.
"D" Tripod.
"E" Container.
"F" Insulating Base Plate. (The Cooker for use on electric hot-plates has $\frac{1}{4}''$ thick ground base, and separate Base Plate is not required.)

INTERIOR FITTINGS.

In order that the cooker may be used for several things at the same time, various fittings are provided. These consist of :—

B.—A large circular aluminium pan from 2ins. to 2½ins. deep, having a rim and two lifting handles. This pan is of the same size as the cooker, and its rim fits on that of the cooker. It is suitable for steaming puddings, vegetables, fish and fruit. The food can be placed directly into the pan, or puddings can be cooked in small individual moulds, and placed in the container. Fish can be cooked in an *au gratin* dish or pie dish, or in the pan itself.

C.—Two D-shaped pans, both with two handles to facilitate easy removal from the cooker may also be used for the same purpose as the large pan and at the same time, if required. By taking the handles out, they are converted into excellent cake tins.

D.—A strong wire tripod, varying from 3½ins. to 4ins. in height. This is placed in the bottom of the cooker and can be used to support a joint if there is not sufficient room to accommodate it in the bottom of the pan, or the two D-shaped pans may rest on it.

Thus, it will be seen that the fittings enable one to vary the method of cooking to suit one's personal requirements. Detailed directions are given in the following pages for preparing a variety of meals.

F.—The base. (Gas-type only). A strong insulated steel deep tray completes the cooker. This is the most important feature, for it is specially constructed to distribute the heat evenly and so ensure perfect cooking and to effect economy of fuel. Its size is such that the cooker fits into it.

The Care of the Cooker.

When the cooker is new it should be filled with cold water, all the fittings placed in position, and allowed to remain for at least 12 hours. This removes any trace or taste of "newness" which often occurs when using saucepans and cookers for the first time.

Provided the directions are followed carefully, and the pan is not allowed to become unduly heated, the cleaning of this Waterless Cooker is simplicity itself. It merely requires washing out with hot, soapy water, rinsing and drying throughly before being put away. Should, however, any particles of meat or potatoes stick to the bottom (this would not occur if the heat is correctly adjusted), the container should be scoured with "ZUM," an ideal aluminium cleaner of fine steel wool and vegetable soap.

It is quite unnecessary to keep the pans or fittings brightly polished, the slight discolouration which invariably occurs on aluminium, particularly in hard water districts, is absolutely harmless. Those who are anxious that the inner containers should be kept bright, will find "ZUM" most satisfactory.

To ensure that the cooker is absolutely dry before being put away, it is advisable to stand it on a cool part of the stove after it has been dried with a cloth.

HOW TO USE THE COOKER.

Any favourite and successful dishes can be cooked in exactly the same way in the Waterless Cooker as in an oven or ordinary saucepan.

Gas Stoves. Place steel base (F) hollow side down over stove, place filled cooker in position on the steel base and leave gas full on until steam appears from vent. Then lower the heat and maintain a steady temperature.

BUY BRITISH

THE LABOUR SAVING ALUMINIUM CLEANER

ZUM is offered to the public with all the experience and technical knowledge of the largest British Aluminium Ware Manufacturers to recommend it.

ZUM consists of pads of fine steel fibres and specially prepared soap, so composed that when used together aluminium is not only cleaned but polished without harm to its delicate surface.

ZUM will make your aluminium shine like silver and it may also be used for cleaning Enamelware, Glass, Porcelain Baths, Glazed Tiles, etc., etc. It will clean almost everything in the kitchen.

A trial of **ZUM** will convince you. Ask for it when you are shopping.

ZUM MANUFACTURING CO.
Trafalgar Works, Merton, London, S.W.19.

PRICE 6D & 1/3

ZUM

Regd.

SILVER BRIGHT

PRICE 6D & 1/3

THE ONLY CLEANER OF ITS KIND MANUFACTURED IN ENGLAND

Oil Stoves. If the heat is sufficiently intense, use the cooker in the same way as for gas. If not, the plate can be dispensed with until steam appears from the vent, then replaced. When baking, the base must be used from the beginning.

Electric Hot Plate Stoves. A specially designed cooker, embodying all the principles required of Hot Plate utensils—$\frac{1}{4}$in. thick base ground dead flat—has been introduced to the market. The times, hints, etc., shewn throughout this book are exactly the same with the one exception—*no base* is required.

Closed Coal Ranges. As for Hot Plate Stoves.

Open Coal Ranges. As for Gas Stoves.

DRY COOKING.

In order to understand your cooker well and to gain confidence, we suggest the first thing you do is to cook a cake in it. Here is a recipe for a plain Madeira Cake.

Ingredients :—2 ozs. butter, 2 ozs. sugar, 1 egg, 2 ozs. flour, 1 teaspoonful lemon juice, 1 tablespoonful of milk, saltspoonful of baking powder.

Method :—Work the butter and sugar together until soft, then add the yolk of the egg and beat together to a cream. Add half the flour and the lemon juice and mix well, then the other half of the flour and the milk, mixing well. Beat up the white of the egg with a liberal pinch of salt until stiff. Add this and the baking powder to the mixture and fold in until no egg white is left showing. Pour out the mixture into one of the kidney dishes " C " (which has been well greased and the handles removed) place on the tripod " D " in container " E " and put on the lid. Put container on base plate " F " and turn on the heat.

Leave the heat on full for 15 minutes then turn to half and leave for 40 minutes, then turn heat on to full for the

last 10 minutes or until the cake is brown. If a larger cake is wanted, double the above quantities, and use the two kidney dishes or one large cake tin.

You will find that the cake is lighter and more evenly cooked, and not so dry as when cooked in an oven. You will also be surprised to find that there is no sign of burning in the bottom of the container, and you begin to realise the value of the insulating plate. Any kind of cake can be cooked in the same way, following your own recipes and allowing the ordinary cooking times. The same applies to pastry, tarts and tartlets.

STEAMING.

As a steamer THE "*Merton*" BRITISH WATERLESS COOKER has no peer. If the cooker is used for nothing else but the steaming of vegetables, it will prove worth its purchase. Let us deal first with the most important, Green Vegetables. Very few cooks pay sufficient attention to the preparation of greens before cooking, not realising that this is the most important part of the whole job. Remember where these plants are grown, and what is used on the soil to make them grow. They are the refuge and playing ground of flies, caterpillars, spiders and hundreds of other insects, so too much attention cannot be given to their cleansing. Have ready a pan of boiling water in which has been dissolved a teaspoonful of salt, and a flat dessert-spoonful of sugar to every two quarts of water.

Into this pickle plunge the dry greens, immerse them thoroughly, take them straight out and throw into cold water and wash well. Trim and remove coarse stalks and yellow parts and soak in cold water, to which salt and a few drops of vinegar have been added, for at least half an hour. You can now rest assured that all insects, germs and microbes, etc., have been destroyed and removed.

For roots, *i.e.*, potatoes, carrots, etc., the method of preparation is thus : wash and scrub them in cold or lukewarm water until all soil and dirt have been removed. Peel or scrape them as thinly as you can, remove eyes, crowns,

bad or discoloured parts and keep them covered with salt water until ready for cooking.

Enough water should be placed in container "E" to just cover the bottom (about a breakfastcupful) and stand it on the stove without the base plate "F" until the water boils, then replace base in position.

A steak and kidney pudding or any food cooked in a basin, casserole or dish, will stand on the bottom of the container and the tripod "D" placed in position over it.

Then put in the vegetables. Small or soft ones, such as peas, beans, vegetable marrow, etc., which could fall through the tripod should be placed in the kidney dishes. Large vegetables, such as potatoes, carrots, parsnips, etc , can stand on the tripod. Place the top circular pan into position and in it place the greens and put on the lid.

Another arrangement could be, the two kidney dishes in the bottom, one containing fish, and the other peas, cover them with greaseproof paper and on this put the potatoes. Place tripod in position and on this a sponge pudding or a dish of fruit, then the top circular pan containing the greens.

Or again, a round dish containing the potatoes in the bottom, a milk pudding in one kidney dish and fruit in the other on the tripod and greens in the top circular pan. Or one Christmas pudding on the bottom and one on the tripod, but don't forget that in this case the puddings would absorb moisture instead of supplying it so about two inches of water should be placed in the container before cooking commences.

Boiling.

The procedure here is almost the same as when steaming. The lower half of the container may be used as the saucepan,

whilst the top part can be the steamer. Here is an example.

Irish stew in the bottom, steamed jam roll on the tripod and brussels sprouts in the top circular pan. Cut up two or three pounds of neck of mutton, place into the container and cover with sliced onions, quartered turnips and some celery. Add enough water to just cover the food and bring to the boil without the base plate. As soon as it comes to the boil, put the base plate into position, the potatoes on top of the other ingredients, tripod over potatoes, pudding on the tripod and sprouts in circular pan. Place on the lid and leave heat on full until steam comes out of valve then turn heat down low and leave until ready (at least $1\frac{1}{2}$ hours).

The critic will probably observe that water has been used with this meal in order to boil the food, but the water in this case is part of the food.

POT ROASTING.

A delicious form of cooking practised in Scotland, Ireland, and the northern parts of England.

Take 3 or 4 pounds of beef, trim, tie and skewer into a neat shape. Into the bottom of the container place enough good dripping to just cover the bottom and stand container on the stove until fat is smoking hot, then place base plate in position. Put in the joint and brown well all over, then pour in two breakfast-cups-full of stock or water seasoned with pepper, salt and two cloves.

Around the joint put carrots and turnips quartered and onions whole, and place the tripod in position. In one kidney dish put some peas or vegetable marrow, and on the grid at the side potatoes for steaming. Place on circular pan and in it stand 4 or 5 castle puddings in individual moulds. This is an excellent dinner and most nourishing, whilst it serves to show that the cheaper joints can be made most attractive and palatable.

ROASTING.

Into the container place enough fat to cover the bottom and stand on the stove without the base plate, until the fat is smoking hot. Put in the chicken or joint, baste thoroughly until a nice brown all over, then the potatoes round the joint and baste them with the boiling fat. Place the tripod over the meat and potatoes and in one kidney dish peas or beans and in the other the bread sauce.

In the top circular pan, cook some stewed fruit and custard or whatever pudding you are having. Thus you not only have roast meat and roast potatoes but also bread sauce, another vegetable and sweet course all in one pan, using only one heat point.—ECONOMY!

CASSEROLE.

In recent years Casserole cooking has come more and more into favour and rightly so too, because the food being cooked in its own juices makes it another form of Waterless Cooker. The only drawback is that while a small casserole is occupying a large oven, the vegetables, etc., are being cooked in several saucepans on the top of the stove.—WASTE!

The Waterless Cooker can be an oven and saucepans combined. Place the casserole in the bottom of the container with the tripod over it and add the rest of the meal as for roasting, but remember this—if it is to be a baked casserole it will stand in the dry container, but if steamed, you must add a breakfast-cupful of water.

PRESERVING.

Towards the end of the summer, fruit is usually very plentiful and quite a number of people like to bottle some for winter use. THE "*Merton*" BRITISH WATERLESS COOKER will do this for you in perfect fashion. There are two methods.

Method No. 1. Fill the jars with fruit and sugar, using only about half the quantity that would be used in

ordinary cooking. Place the tripod into the container upside down and on it stand the jars. Put on the lid and place container, on base plate, on the stove, have the heat turned on full for the first 20 minutes, then turned low for correct cooking time (*see* below). When cooked, fill up the jars, seal and stand upside down until cold.

Method No. 2. Pack raw fruit into jars and fill to the top with liquid, either water, syrup or fruit juice. When in position stand jars on inverted tripod as in Method No. 1. Now around the jars put enough boiling water to come about ½ inch up the outside of the jars. Put on the lid and turn heat on full. When steam starts coming out of the valve turn heat down low and count cooking time from then. When fruit is cooked, take out jars, fill, seal up and stand inverted till cold.

Here are cooking times :—

Apples, pears, plums, berries	20 minutes
Apricots, peaches, damsons	25 do.
Tomatoes, pineapple	35 do.
Beetroots, Peas, Beans, etc.	1½-2 hours

JAMS AND MARMALADE.

For the making of Jams, THE "*Merton*" BRITISH WATERLESS COOKER is the ideal utensil, as there is no possibility of burning, it is made with little or no stirring, which means a whole fruit preserve. The cooker is also ideal for marmalades.

Follow the ordinary recipes but don't forget that, as you cannot "boil down to half" as some recipes demand, you only need half the quantity of water to start with.

GENERAL USES.

Caravans, Camps, Country and Seaside Bungalows are some of the present-day ideal ways of spending the holidays, and on such occasions, THE "*Merton*" BRITISH WATERLESS COOKER is invaluable in many ways.

When not in use for cooking, the Container is an ideal vessel in which to keep bread, cakes and pastries. The two

kidney dishes are ideal vegetable dishes and the food can be served in them when cooked. The top circular pan used alone on the base plate makes an ideal frying pan, whilst if the lid is put on the top of it, it converts the frying pan into a perfect grill. If one wants fried eggs and another wants them poached, then both can be satisfied by using the two kidney dishes on the base plate simultaneously, frying in one and poaching in the other.

If toast is wanted, then place the tripod inverted on the base plate.

COOKING TIMES AND GENERAL HINTS.

1. Remember when cooking, the base plate must always be used.

2. Always have the heat on full to start with and *turn down to low* so soon as steam is seen coming out of the valve.

3. Ordinary cooking times must be allowed as a minimum, but it does not matter if foods are left in the cooker for a longer period, they will not over-cook or spoil.

4. To steam vegetables to perfection, it takes about an hour, so if there is anything in the cooker which is going to take three hours, say a steak and kidney pudding, it is better to give that about two hours on its own first, and put in the vegetables for the last hour.

5. Generally speaking, allow about 20 minutes to the pound for the longest cooking food in the cooker from the time the food starts to cook.

6. There are only three mediums of cooking, hot fat, hot water and hot air, so only kindred subjects can be cooked together. Don't be unreasonable and expect to be able to cook a baked jam roll and an Irish Stew at the same time. It cannot be done in this or any other cooker in the world.

7. When cooking soups, sauces, stews, etc., the water is one of the parts of the meal. It does not boil away, so only place in the cooker the quantity you intend to have at the finish.

8. Porridge is best cooked in a large basin or jar and left in the container all night over a very low heat and it will be found in the morning to be better cooked and more nutritious. The jar or basin would have to stand in about two inches of boiling water and be covered with an inverted plate or saucer.

9. Although it is not essential, it is a wise precaution to cover the different individual foods above the tripod, with greaseproof paper, especially where pungent and absorbent foods are being cooked together such as fish and custards or onions and milk pudding.

The following menus, although plain, will be found not only very attractive, but also nourishing and sustaining :

BREAST OF LAMB WITH GREEN PEAS.
NEW POTATOES. YOUNG CARROTS.
SPONGE PUDDINGS.

Trim a breast of Lamb of superfluous fat and cut it into two-inch pieces. Sear it well in a little hot dripping in the bottom of the container, add two onions, sliced, and lightly fry them with the meat. Sprinkle in 1 oz. of flour, and pepper and salt to taste, and toss meat over and over for a minute. Then pour in enough water or stock to just cover, and stir thoroughly. Tie a teaspoonful of mixed herbs in a piece of muslin and drop in, place tripod in position. Put green peas in one kidney dish and some young carrots in the other, place them on tripod, and cover with greaseproof paper. Then put in the new potatoes, cover them with greaseproof and put on the top circular pan. In this stand the sponge puddings in individual moulds, put lid in position and leave heat on full until steam comes out of valve, then turn low and leave for two hours. When serving, put the potatoes into vegetable dish, pour over a little melted butter and sprinkle with chopped parsley. Add the peas to the stewed lamb, pour into dish and garnish with the carrots. Pour two or three pints of boiling water into container, put in tripod, and stand puddings on it, replace lid and leave heat full on. This will finish off the puddings, clean the cooker, and supply the washing up water for afterwards.

ROAST CHICKEN. SAVOURY BALLS. STEAMED POTATOES AND PARSNIPS. CHERRY PUDDINGS.

Draw and truss the chicken in the usual way, wash well, and if strict economy has not to be practised, an ounce of butter placed inside the bird improves its flavour considerably. Prepare veal stuffing and make into savoury balls. A little can be put into the bird if liked.

Put enough fat into the cooker to well cover the bottom, allow it to get hot and brown the bird on both sides, and arrange the savoury balls around the chicken.

Place the tripod over the bird and the parsnips in one kidney dish and the potatoes in another. Place both pans on the tripod and the cherry puddings in individual moulds in the top circular pan. Put on the lid, and after ten minutes, or when steam is escaping from the valve, lower the heat and continue to cook for 2 hours.

COLONIAL GOOSE. ROAST POTATOES. BRUSSELS SPROUTS. APPLE ROLY POLY.

Slit a leg of Lamb down on the underside and remove the bone. Fill the space with stuffing, roll neatly, and secure with skewers and string. Roast as explained on page 20, put a sweet plate on tripod and place on Apple Roly Poly. After one hour, open cooker, turn joint over and place potatoes round it, replace pudding, put sprouts in top circular pan and cook for another hour.

BLANQUETTE OF VEAL. RUNNER BEANS. POTATOES. STEWED FRUIT AND CUSTARD.

Roll a fillet of veal in flour well seasoned with pepper and salt. Add 2 ozs. of butter into container and when smoking hot, brown veal all over. Place potatoes round meat, add ½ pint of stock, three cloves and a bay leaf. Place tripod over meat and in one kidney dish put beans and fruit in the other. Put on top circular pan, and in this a dish containing custard. Replace lid, heat on full until steam comes from valve, then lower heat and cook for 1½ hours.

HODGE PODGE. GREEN PEAS. POTATOES IN JACKETS. CASTLE PUDDINGS.

Mince about 1 lb. cold lamb or mutton, slice three onions, and cut up one large lettuce. Place into container, add seasoning and a breakfastcupful of stock. Put peas in one kidney dish and potatoes in their jackets on the tripod at the side. Castle puddings in top circular pan should be covered with greaseproof paper. Put on lid and cook for 1½ hours.

BOILED SALT BEEF.
BOILED ONIONS. BOILED CARROTS.
STEAMED POTATOES.
STEWED FIGS AND CUSTARD.

Into the cooker place one pint of water and bring nearly to the boil. Put beef in with 1½ lbs. carrots and 1 lb. onions, and sprinkle with a little pepper. No salt is required, as sufficient comes from the beef during cooking, replace tripod.

Place some dried figs, previously soaked for two hours, in one of the kidney dishes. To ½ lb. figs, add ¼ pint of water and three tablespoonsful sugar. Put the lid in position, raise the heat until steam escapes from the valve, then reduce the heat.

Place five small moulds containing custard in the second kidney dish and cover the top of the pan with well-greased paper.

Put the potatoes in the top circular pan, sprinkle with salt and pepper.

A Menu for Friday.

POTAGE ROUGE.
STEAMED COD STEAKS. POTATOES.
LEICESTER PUDDING.

Skin and slice thinly, two or three cooked beetroots, mince one large onion, put into container with 1 oz. of dripping and cover with stock or water. On the tripod put one kidney dish containing Leicester Pudding with potatoes at the side. In top circular pan put the fish, sprinkle with salt and pepper, and pour a few drops of vinegar or lemon juice on each piece. Put lid into position and cook for one hour after steam comes through valve. Before serving add the juice of one lemon to the soup.

Note.—Leicester Pudding. Rub 2 ozs. of Margarine into 4 ozs. of flour. Add 2 ozs. of sugar and one teaspoonful baking powder and mix into a light batter with one well-beaten egg and a little milk. Remove the handles from a well greased kidney dish, cover bottom of dish with jam and pour batter over it.

CURRY AND RICE.
MASHED POTATOES.
STEWED APPLES AND CUSTARD.

Put 2 ozs. of butter or dripping into the container, and in it fry to a golden brown, two large onions (sliced). Add about 1 lb. cooked meat (cut into small dice), salt, a tablespoonful of flour, and a dessertspoonful of curry powder. Mix well together, and when mixture has browned, add a good ½ pint of stock. Into one kidney dish put some rice, a good pinch of salt and cover with boiling water. Cook potatoes on tripod at side of rice. In top circular pan, place a basin containing custard, and round it place the apples. Cook for one hour.

Prepare apples this way :—Core the apples, cut off stub end and place it back in position. Fill cavity with demerara sugar and put one clove in the middle.

Note.—Curry is improved in flavour if juice of ½ lemon is added before serving.

Mash Potatoes with butter and milk before serving.

BRAISED LEG OF MUTTON.
VEGETABLE MARROW. POTATOES.
STEWED PRUNES AND CREAM.

Make two ozs. of butter smoking hot in the bottom of container, and in it brown the meat, previously boned and rolled. Now cut up one carrot, one turnip, one large onion and a few mushrooms, and place them round the joint with some chopped parsley, and a few mixed herbs. Pour over enough stock to nicely cover the vegetables. Put prunes in a casserole and stand on tripod. Cover with greaseproof paper. Cook marrow and potatoes in top circular pan. Allow meat and prunes 2½ to 3 hours. When cooked keep meat and vegetables hot while a tablespoonful of flour is stirred into liquor and heated until it thickens. Serve the meat on a hot dish, pour the sauce over it and garnish with the carrots, turnips and mushrooms.

Additional Meat Dishes.

Lamb Loin Pudding.—2 lbs. loin of Lamb, one minced onion, suet crust, made with milk and 6 ozs. suet to pound of flour. Bone the loin, cut into slices about ¼ inch thick and season with pepper and salt. Line a large basin with suet crust, and put in layer of meat sprinkled with minced onion, then more meat and onion to fill basin. Add enough stock or water to reach within inch of top and cover with suet crust. Tie a cover of greaseproof paper over the pudding and cook for 2½ hours.

Liver Roly Poly.—Mix 1 lb. minced liver with 8 ozs. bread crumbs, 8 ozs. fat ham or bacon, pepper, salt, nutmeg and a pinch of mixed herbs. Moisten with milk and water, tie in a floured cloth, and cook on the tripod for 2½ hours.

Fricassée of Chicken.—Cut a chicken into portions and dust well with seasoned flour. Put 2 ozs. butter into bottom of container and lightly brown chicken. Take the chicken out, add a good tablespoonful of flour to the butter and mix well, breaking up all lumps, then pour in one pint of milk and stir well. When boiling, put in the chicken, one tablespoonful of grated onion, pepper and salt to taste and some chopped parsley. Cook on low heat for 1½ hours.

Stuffed Leg of Pork. Take the bone out of a leg of pork and fill up space with stuffing, made as follows :—Mash some boiled potatoes ; add a chopped onion, salt, cayenne pepper, sage, knobs of butter and a beaten egg. Trim and truss joint with skewers and string. Roast for about two hours (20 minutes to the pound), and serve with cranberry sauce.

Chop Suey.—Shred about ¾ lb. cooked chicken and lightly brown in 1 oz. butter, and add a little black bean sauce. Then add the following (all chopped fine) :—½ lb. celery, ¼ lb. mushrooms, ¼ lb. bamboo root, ¼ lb. onions, ½ lb. water chestnuts. Fry all together for two minutes, add pepper and salt and cupful of water, and cook for half an hour. Serve with plain rice. The above will be sufficient for six persons. The Chinese ingredients can be obtained at any Chinese store or restaurant.

Jugged Hare.—Clean and wash the hare, cut up into portions, dust with well-seasoned flour, and place in a casserole or earthenware dish with 1 pint of water, one onion, and a bunch of sweet herbs. Cover the casserole and stand it in container in three inches of water. Cook from 3½ to 4 hours, and serve with red currant jelly.

CONCLUSIVE MEDICAL TESTIMONY.

From the medical point of view the Waterless Cooker opens a new era in food preparation. It avoids the disadvantages of the old-fashioned boiling in water, which extracts much that is of value from food, and the high temperature of the high-pressure " bomb " cooker. Food boiled in water looses all its natural salts, which are replaced, as far as taste goes, by the artificial addition of common salt. Now the natural salts consist principally of potassium and alkaline substances, which are highly important, firstly because potassium forms the bulk of the salts in the living body, and secondly because alkalies are necessary to prevent acidity. Common salt (sodium chloride) does neither of these things, but produces only acid, contributing nothing to the prevention of gout and rheumatism. The Waterless Cooker preserves the natural salts intact, and in the right proportions.

High Pressure cookers subject food to an unnaturally high temperature, and the vitamins, now recognised as so essential to health, are very easily destroyed by heat, and the want of them is soon manifested by defect of growth, the action of the bowels and of the nervous system.

A further advantage from the dietetic point of view is that food cooked in the Waterless Cooker is highly digestible and palatable—a most important feature in the prevention and treatment of flatulence, acidity and ulceration of the stomach and all forms of indigestion.

Medically speaking, the Waterless Cooker is a most important discovery, and should be used in all food preparation for children, those suffering from rheumatism, constipation, indigestion and debility, and all those who wish to preserve their health and vigour.

M.R.C.S., M.D.

The above is written by an eminent Physician attached to one of the principal London Hospitals. The publication of Doctors' names is not permitted, but the original may be inspected at our offices.

The Care of Aluminium Ware

THE advantages of Aluminium ware are many. It cannot burn or scorch food, neither will it taint, nor in any way affect the flavour. Another outstanding merit is that it saves from one-third to half the amount of heat usually required.

When cooking by gas, lower the pressure when the contents of the aluminium ware begin to boil, as they will continue simmering with very little heat to finish cooking.

The light brown coating which forms on the inside of saucepans, etc., should not be removed as advised by some people. It is quite harmless.

After cooking food such as porridge and thick soup which adhere to the side of the utensils, fill with cold water and leave for a while. This will soon soak through, enabling the pan to be easily cleaned.

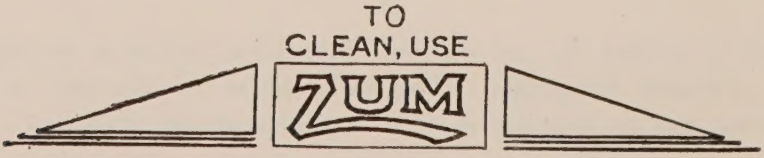
If the pan is very dirty, scour thoroughly with boiling water, then plunge into cold water, still continuing to scour. The dirt is easily removed in this manner, allowing the utensils to become very bright.

Should aluminium articles become very greasy outside, a little "Zum," soap and hot water may be used to clean them.

SODA is unnecessary and SHOULD NEVER BE USED for cleaning ALUMINIUM. The amount of SODA used in ordinary cooking, however, is too small to appreciably affect the metal.

Dark vegetable stains may be removed from aluminium by placing a piece of lemon in water and bringing to the boil.

When water is first boiled in an aluminium pan, the article frequently turns black up to the water mark. This darkening is of no detriment to the pan or to the contents. It is the effect of substances held in solutions in the water, forming a visible film of an aluminium salt upon the surface of the vessel. All aluminium salts are absolutely harmless to the human frame, moreover, this film actually adds to the life of the vessel and we therefore do not recommend its removal.



The Truth about Aluminium Ware

ALUMINIUM is a metal like Iron, Copper, Silver, etc. The mineral ores used for producing Aluminium are found in Clay, the principal of which is called Bauxite, a silicate of Aluminium. The Aluminium used in the manufacture of the "MERTON" British Waterless Cooker is produced by the latest improved method known as the ELECTROLYTIC PROCESS, which produces a metal of 99% purity ensuring everlasting wear, whereas other methods of producing Aluminium result in a much lower standard and, therefore, such low grades should be avoided.

As regards the suitability of Aluminium for Cooking Utensils, a severe and exhaustive scientific investigation was made on behalf of the Medical Profession as well as in the interests of the Public, and the scientific report was published in *The Lancet* on January 4th, 1913, an extract of which reads as follows :—

> "We are confident that Aluminium is a suitable metal for
> "cooking utensils, and that any suspicion that it may
> "communicate poisonous qualities to the food in the process
> "of cooking may safely be dismissed, in view of the results
> "of practical experiments which we have recorded, showing
> "that the metal is not appreciably acted upon in cooking
> "operations."

An emphatic professional statement such as the above, leaves no room for scepticism and there is no doubt that because of its superiority over any other metal for Kitchen Utensils ALUMINIUM WARE HAS COME TO STAY.

The first method of manufacturing Aluminium Ware was by Casting, but there is no necessity to enlarge on this process, as Cast Aluminium Ware is far too cumbersome for general use. This method was later improved upon by a "Spinning Process" which, however, is not to be recommended as the thickness of the metal is usually pulled to the top, leaving the bottom and sides much thinner and, therefore, deceiving as to the true gauge and thickness. There is another and better method of manufacturing Aluminium Ware and that is by the "CORFALGAR" STAMPING PROCESS, by which the sides and bottom of every utensil are of UNIFORM THICKNESS AND STRENGTH. Aluminium Ware manufactured by the "CORFALGAR" PROCESS is, therefore, in the unique position of having a longer life than any other known Kitchen Utensil.

Since the introduction of the IMPROVED "CORFALGAR" PROCESS OF STAMPING ALUMINIUM WARE, Experts firmly believe that nothing but Stamped Aluminium Utensils will be used in the future and, on account of its absolute purity, heat conductivity and safety to health, it is obvious that YOU will greatly benefit by using "CORFALGAR" ALUMINIUM WARE, which will make your kitchen brighter and your work lighter.

All "*Merton*" BRITISH WATERLESS COOKERS are manufactured by this process.

Guarantee

The BRITISH WATERLESS COOKER is fully guaranteed against any defects of manufacture which may arise in reasonable use. Any problems which may arise will be promptly dealt with on application to the manufacturers:

THE
BRITISH WATERLESS COOKER, Ltd.
TRAFALGAR WORKS
MERTON
LONDON, S.W.19

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